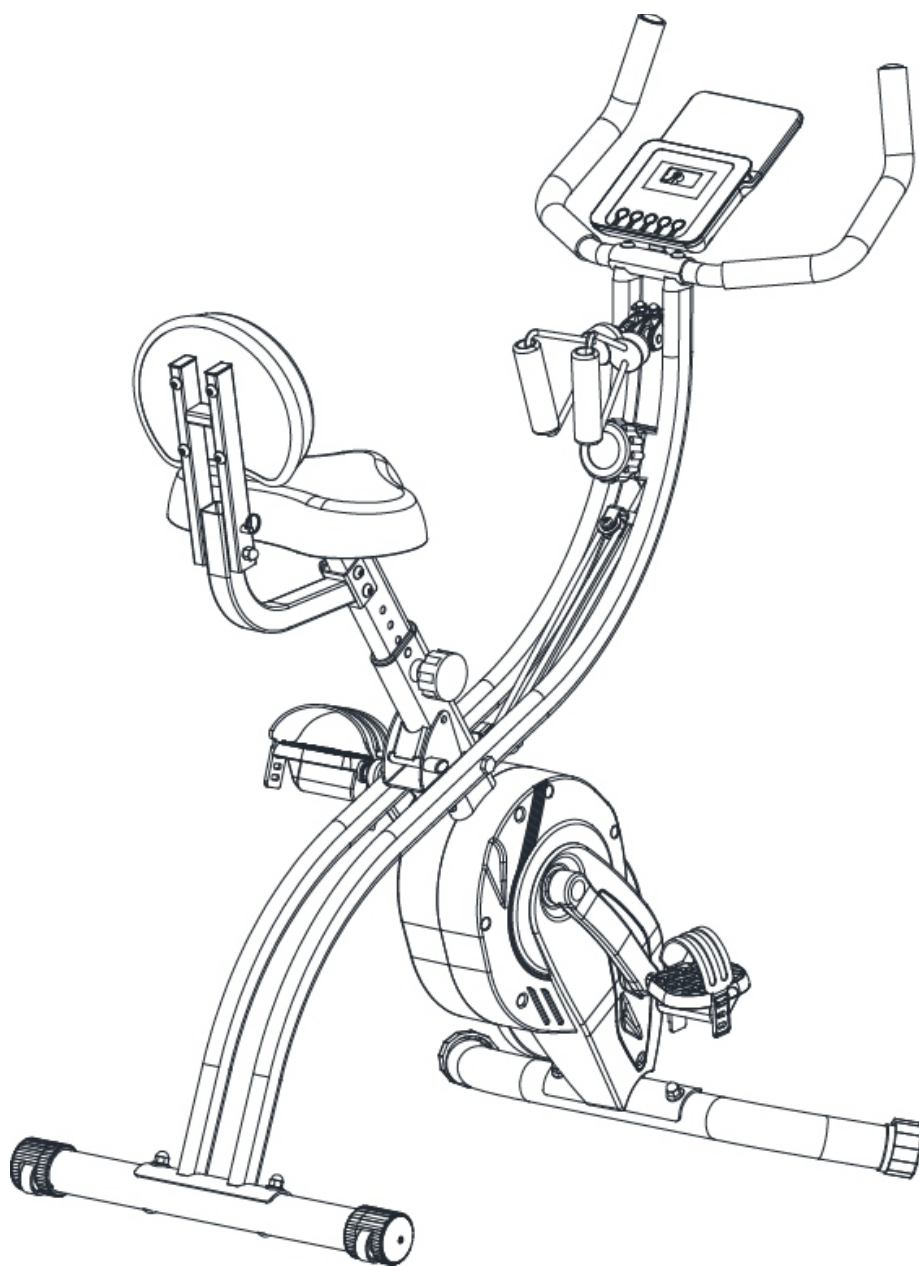


# *Soozier*

INaoc002V01\_US

**A90-229**



READ AND SAVE THIS INSTRUCTION FOR FUTURE USE

## ASSEMBLY INSTRUCTION

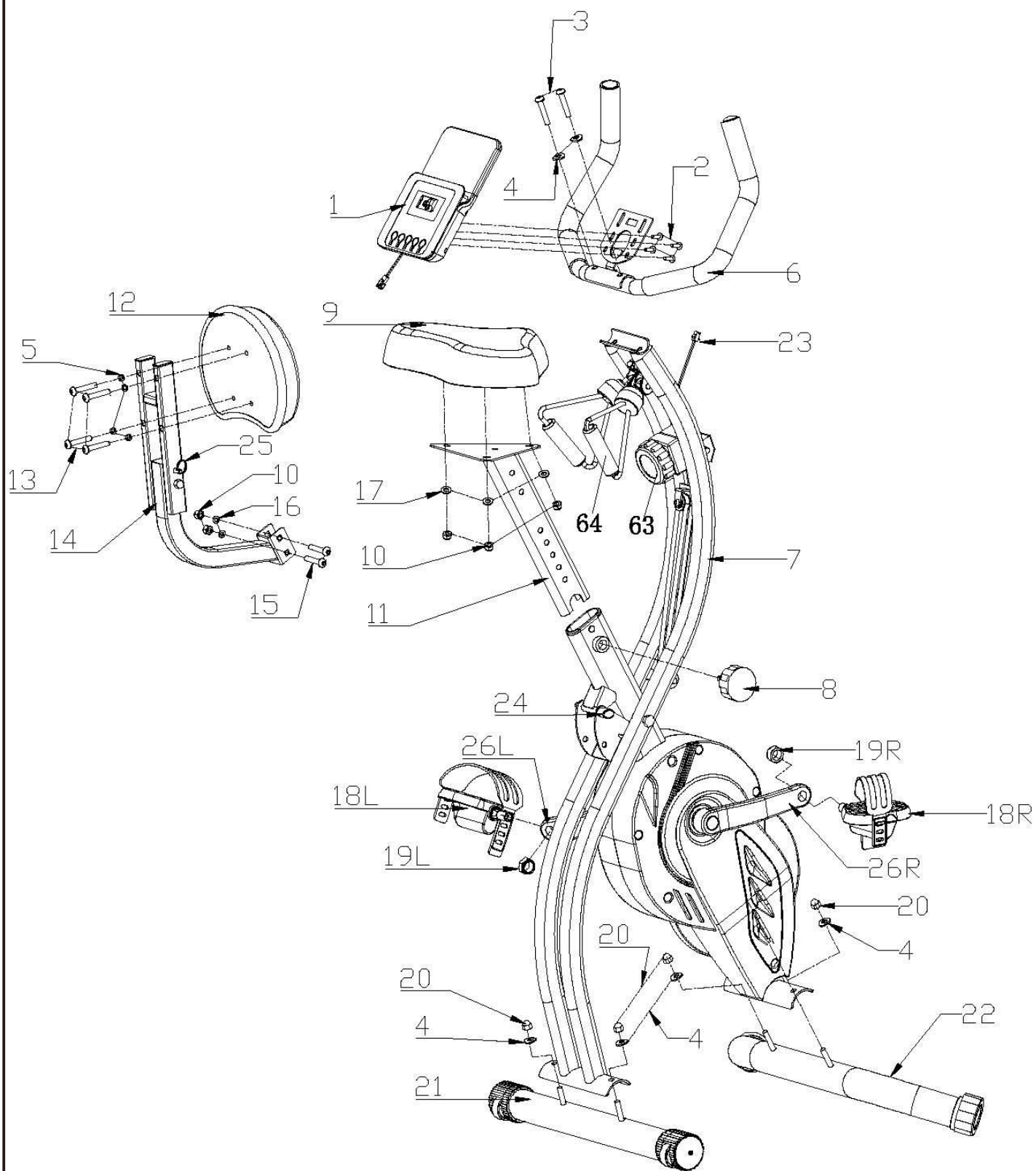
## **IMPORTANT SAFETY PRECAUTIONS**

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. The max. user capacity is 120 KGS.

**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.**

**SAVE THESE INSTRUCTIONS**



## Parts list

No	Spe	Qty	No	Spe	Spe
1	Monitor	1	15	Bolt M8*40	2
2	Screw M5*10	4	16	Washer D8×Φ25×2	2
3	Bolt M8x40*15	2	17	Washer d8	3
4	Washer D8×1.5×φ20	6	18L/R	L&R pedals	1
5	Washer D8	4	19L/R	Nylon nut	1
6	Handlebar weld	1	20	Nut M8	4
7	Main frame weld	1	21	Rear bottom weld	1
8	Spring knob M16*1.5*22	1	22	front bottom tube weld	1
9	Seat	1	23	Sensor wire	1
10	M8 nylon nut	5	24	plug	1
11	Seat tube weld	1	25	Spring washerΦ8	1
12	Backrest	1	26L/R	L&R crank	1
13	Screw M8x45*15	4	63	Tension Knob	1
14	Seat weld	1	64	Rope	1

## Product Assembly step

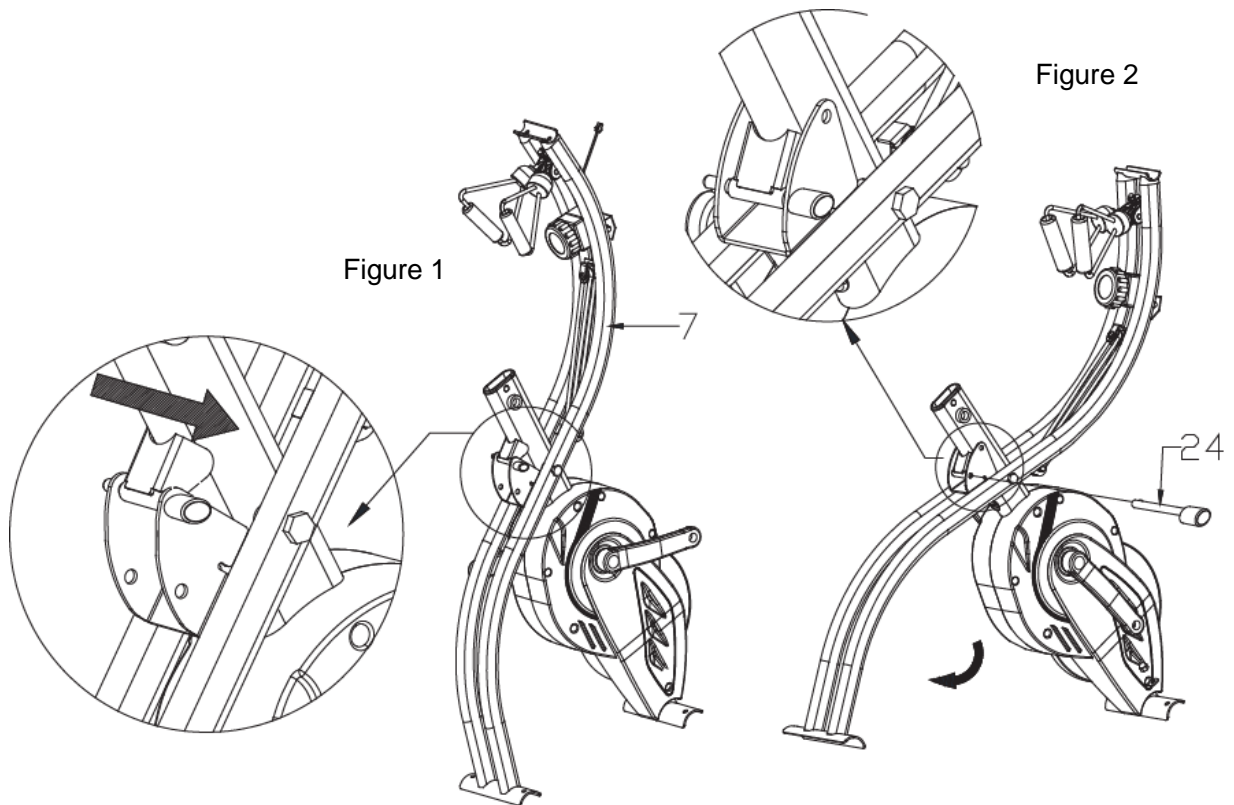
### 1. NOTICE:

- A. Please make sure there has enough space around the machine before assembly
- B. Please use the provided tools or right tools by yourself.
- C. Check the parts and the hardware first.

### 2. Assembly step:

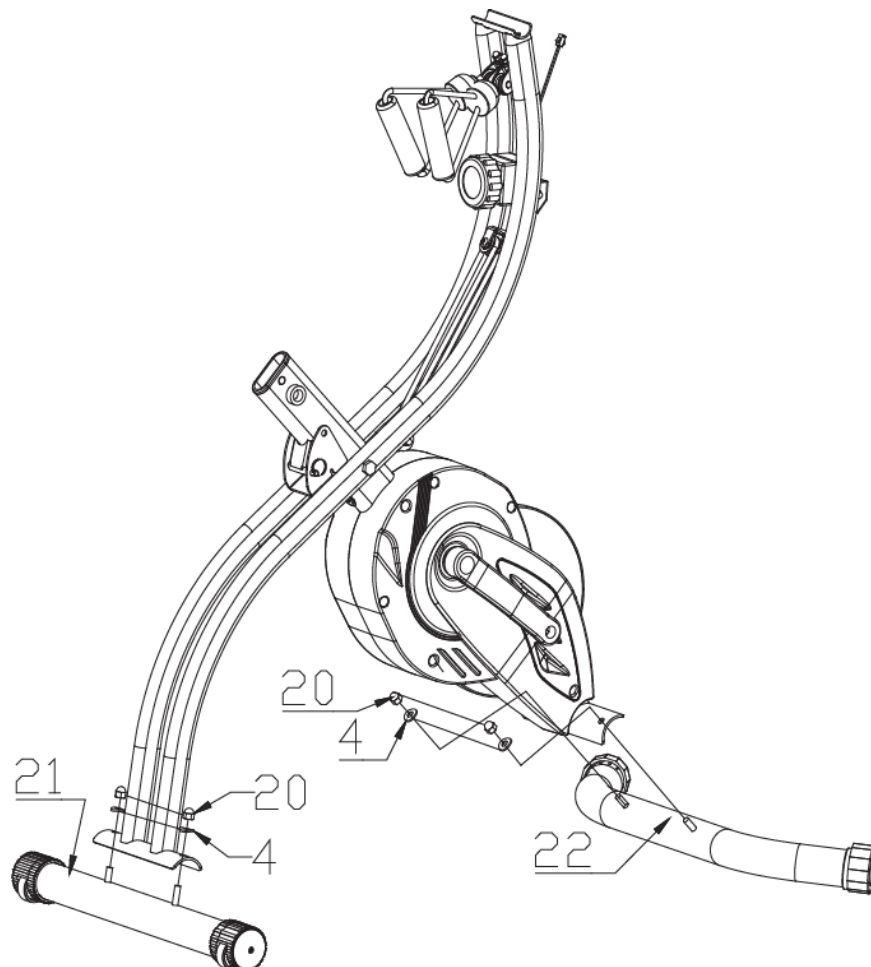
#### Step1:

Pull out the main frame (7) plug (24) as pic 1, disassembly main frame(7) as pic 1, lock the plug (24) as pic 2



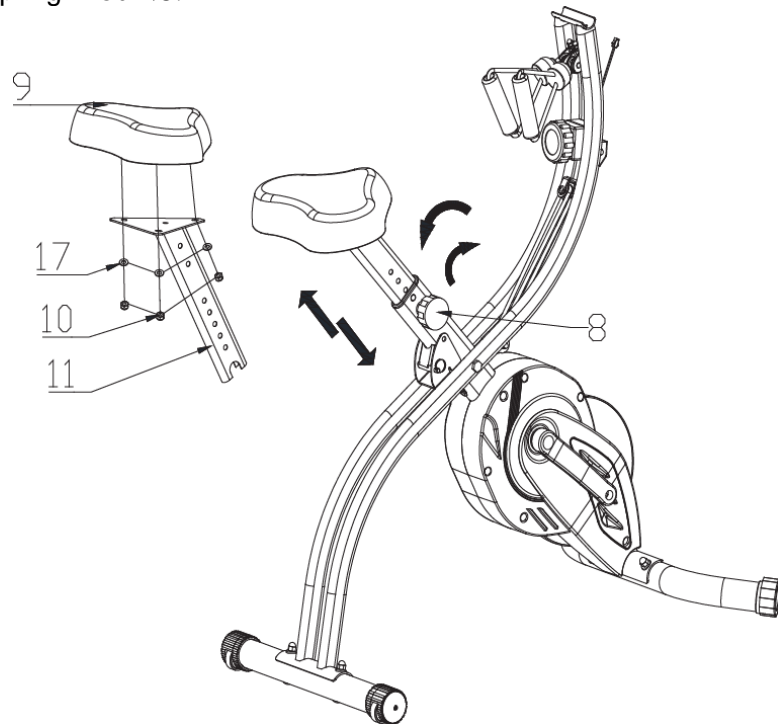
**Step 2:**

1、 Secure rear bottom tube weld (21, 22) main frame weld hole, and lock well to main frame with washer (4) nut (20) .

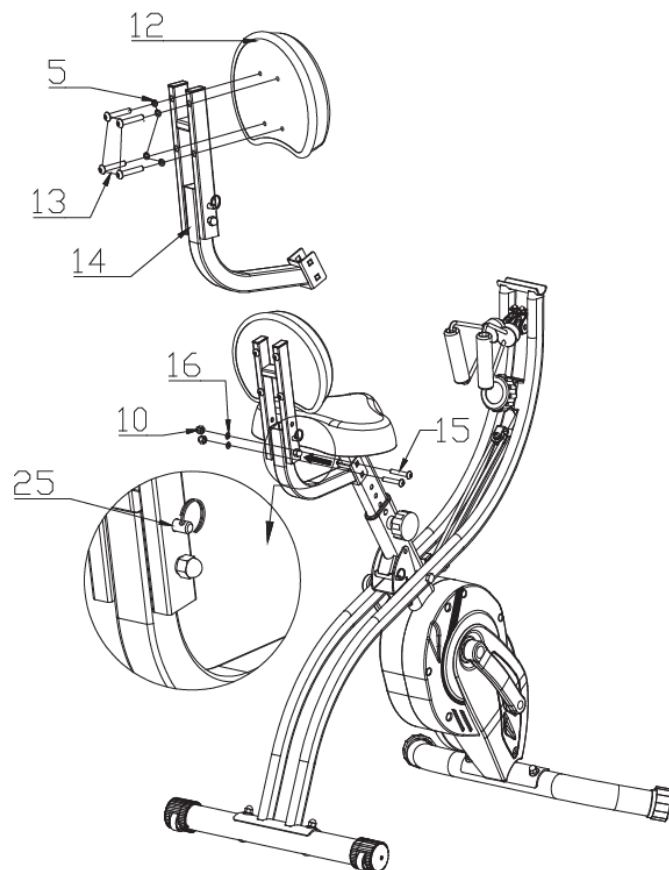


**Step 3:**

Secure the seat cushion (9) to seat tube weld(11)with washer (17),nylon nut (10) , lock well spring knob (8) main frame weld. Adjust seat tube with spring knob(8) as arrow, Pull out the spring knob to seat tube weld(11)with up/down, adjust it to suitable position as seat tube arrow, lock well right spring knob (8) .

**Step4:**

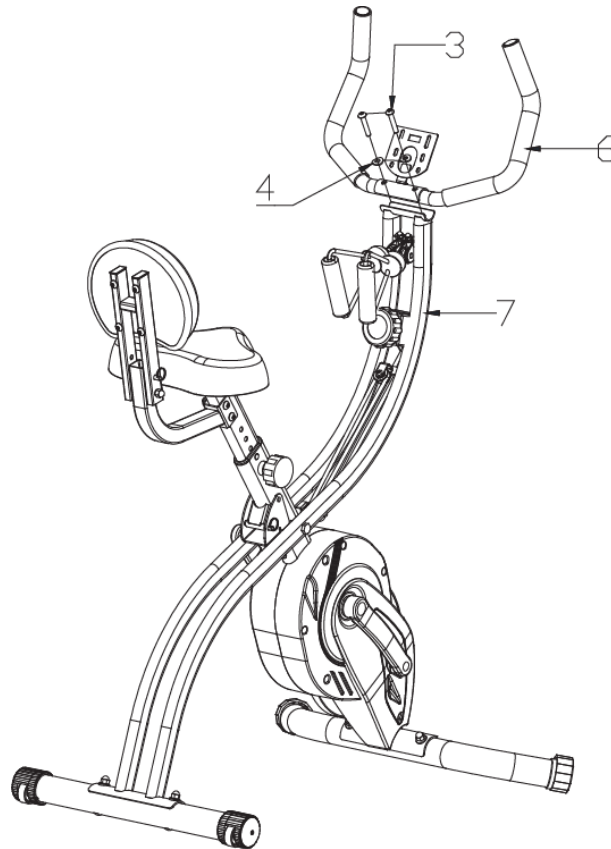
Pull out plug(25) from seat tube weld , adjust plug (25) to hole as below pic , secure well to seat weld (14)with bolt (13) washer (5) backrest (12) .lock well seat weld (14)to hole with bolt (15) washer (16) nylon nut (10) .





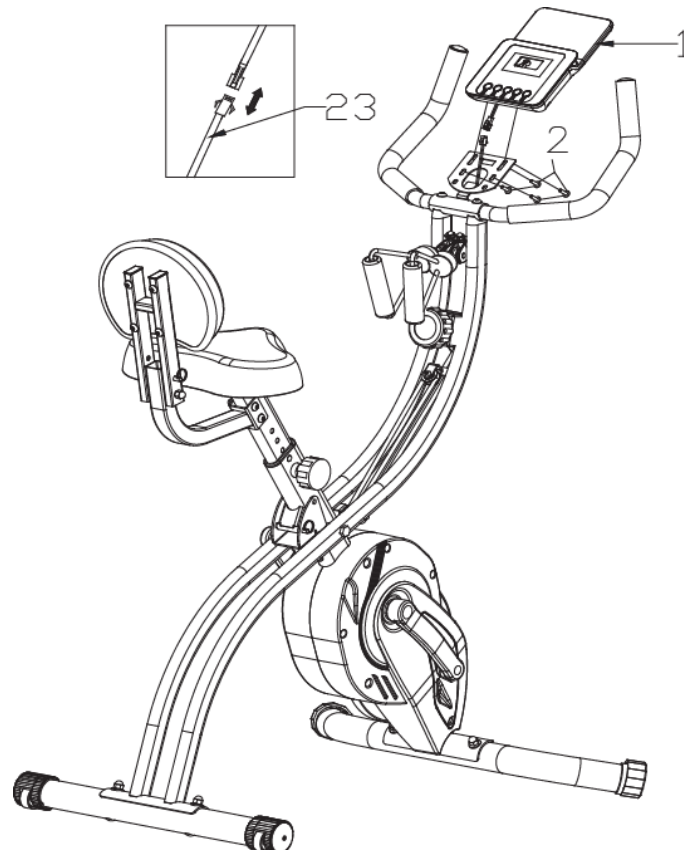
## Step 5 :

1. Secure handlebar weld (6) to main frame (7) with washer (4) screw (3) .



## Step 6:

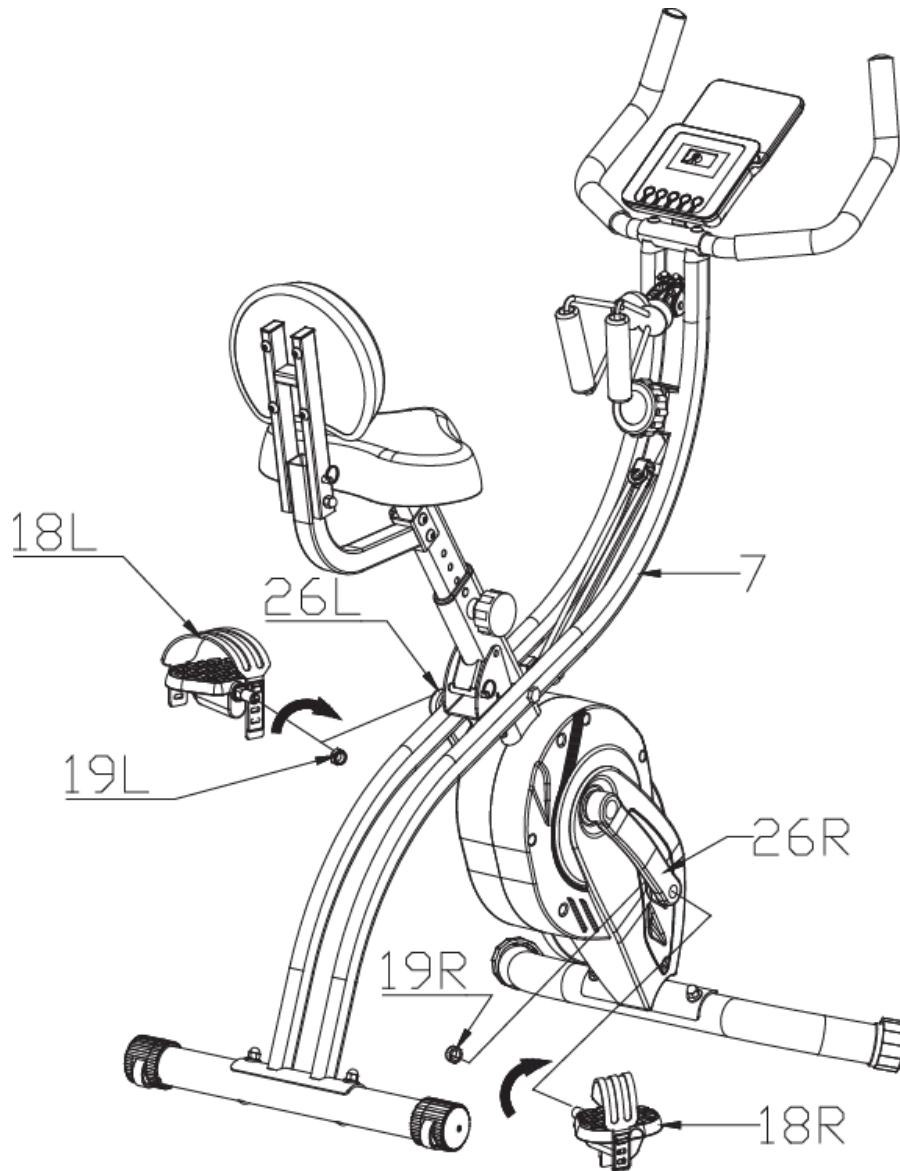
Connect well the monitor (1) well, secure the monitor (1) to main frame monitor frame with screw.



## Step7:

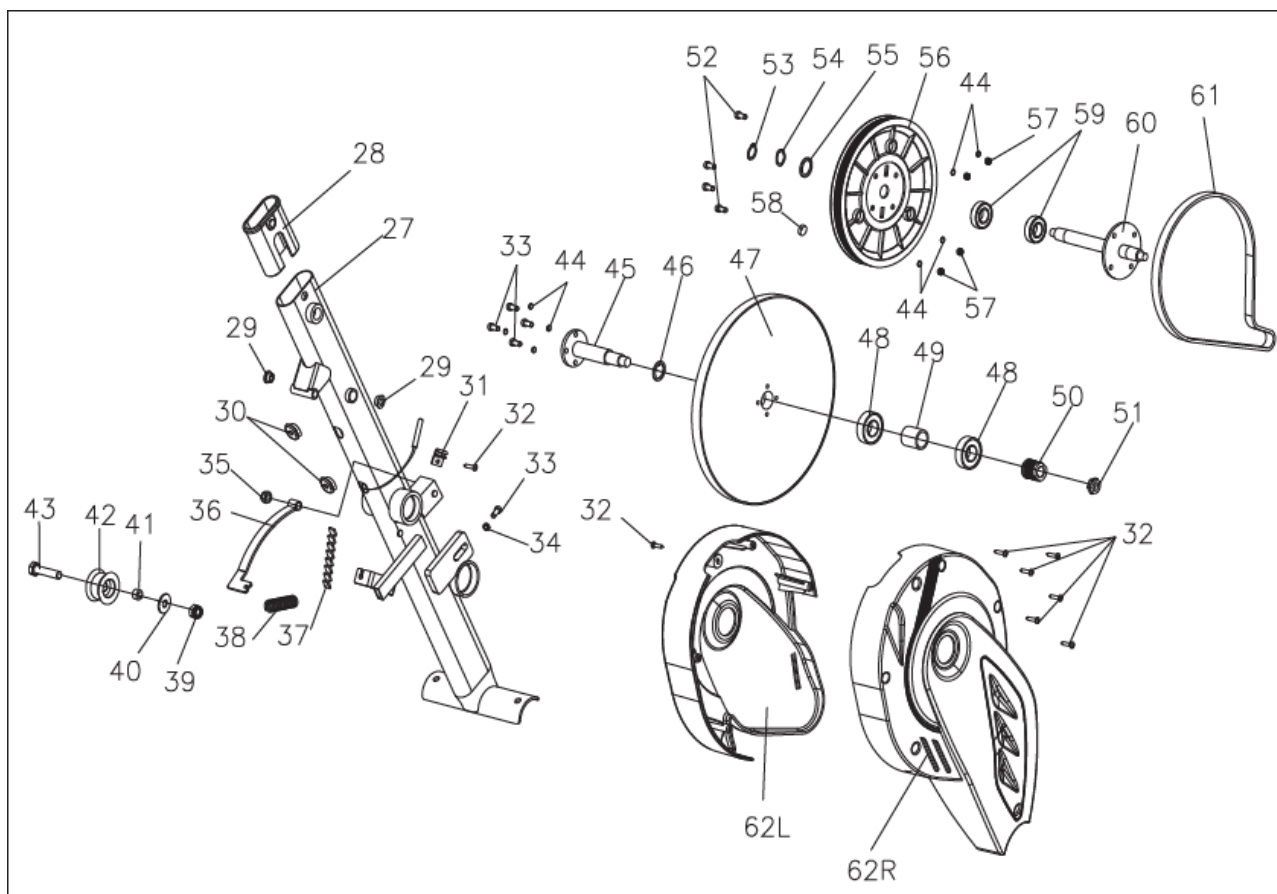
Secure the L Pedals (18L) to L&R crank (26R),(26L)of main frame weld(7) as arrow, , lock the L&R nylon nut (19L)(19R) to L&R Pedals (18L) , (18R).

**Attention:** lock well R pedal(18R) with clock wise, lock well L Pedal (18L) with anti-clock wise, lock well L&R pedals (18L) , (18R) when you exercise , or it will damage the crank .





## Explode drawing



## Parts list

No	Spe	Qty	No	Spe	Qty
1	Monitor	1	32	Screw ST4.2×20	8
2	Screw M5*10	4	33	Screw M6x20	5
3	Bolt M8x40*15	2	34	Spring washer D6	8
4	Washer D8×1.5×φ20	6	35	Nylon nut M8	1
5	Spring washerD8	4	36	Magnetic board	1
6	Handlebar weld	1	37	Magnetic 15×13×3	8
7	Main frame weld	1	38	Spring snapΦ10×53 Φ1	1
8	Spring washer M16*1.5*22	1	39	Nylon nut M10	1
9	Seat tube	1	40	Washer D10×2.0xΦ20	1
10	M8 nylon nut	5	41	Idler pushing Φ20*Φ10*8	1
11	Seat tube weld	1	42	Idler	1
12	Backrest	1	43	Bolt M10x45	1
13	Bolt M8x45*15	4	44	Spring washerD6	1
14	seat weld	1	45	Flywheel axisΦ20*105*M16*1.5	1
15	Bolt M8*40	2	46	Washer Φ20.2*Φ28*1	1
16	Washer D8×Φ25×2	2	47	flywheelφ260*15	1
17	Washer d8	3	48	Axis 6004RS C&U	2
18L/R	L&R pedals	各 1	49	Inner bushing Φ26*Φ20*24.2	1

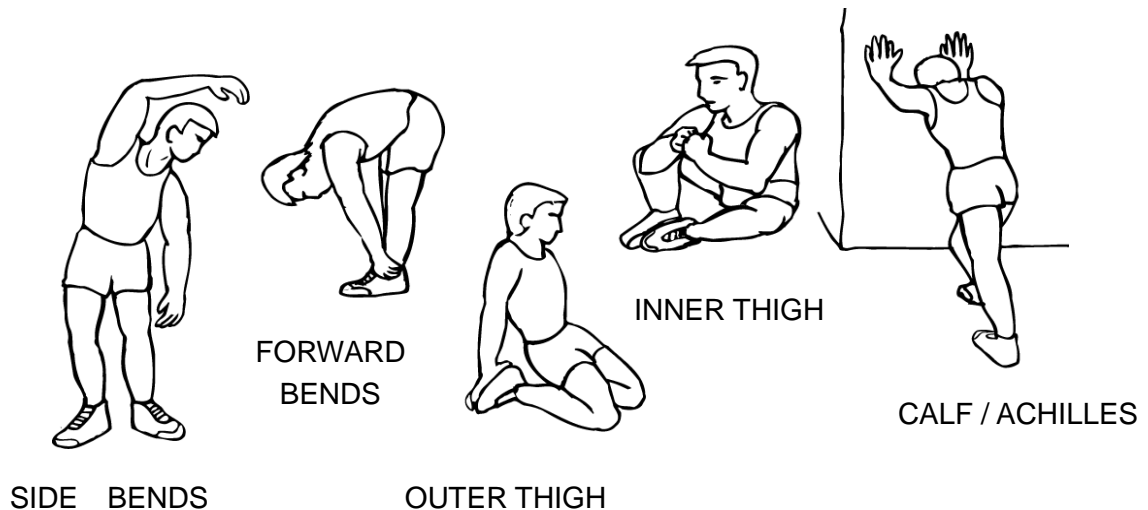
19L/R	L&R nut	1	50	Small belt wheel	1
20	Nut M8	4	51	Nylon nut 1/2"*20-	1
21	rear bottom tube weld	1	52	Screw M6x15	4
22	front bottom tube weld	1	53	Spring block D17	1
23	sensor wire	1	54	Washer D17	1
24	Plug	1	56	Belt diskΦ200*21,	1
25	Spring plug Φ8	1	57	Nylon nut M6	4
26L/R	L&R crank	1	58	Magnetic	1
27	front main frame weld	1	59	Axis 6003RS	2
28	seat tube bushing	1	60	Mid axis weld	1
29	small axis	2	61	Belt 290PJ6	1
30	trunk wire	2	62L/R	L&R chain cover	1
31	Sensor support	1			

### EXERCISE INSTRUCTIONS

Using your **X-BIKE** will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.

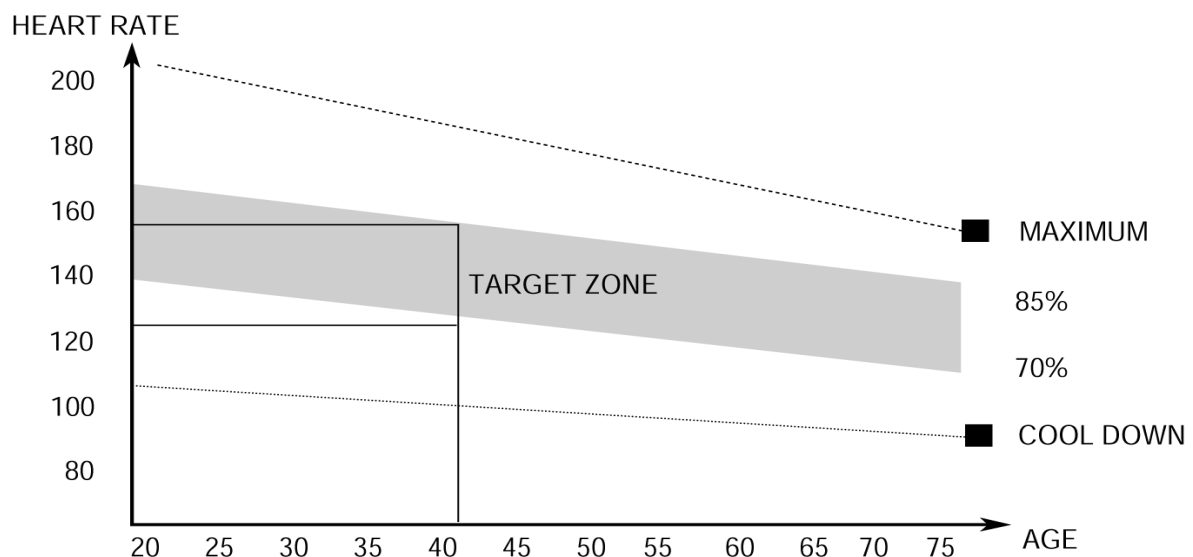
#### 1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



#### 2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your best ability but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

### 3. The Cool Down Phase

This stage is to let your Cardiovascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

### MUSCLE TONING

To tone muscle while on your **X-BIKE** you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

### WEIGHT LOSS

**The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.**

